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# 05/14/1985 - Triathlon race

University Marketing and Communications

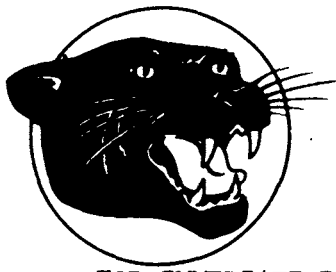
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# **Panther Sports News**

**EASTERN ILLINOIS UNIVERSITY, Charleston, IL 61920**

**DAVID KIDWELL, Sports Information Director**

OFFICE: (217) 581-2920

HOME: (217) 345-4166

May 14, 1985  
LS-AS-General

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## FOR IMMEDIATE RELEASE

CHARLESTON, IL--The First Eastern Illinois Triathlon race will be held in the Charleston area on Saturday, June 22, Dr. Thomas Woodall, event director, has announced.

This triathlon will feature a one half mile lake swim, 23 mile bicycle ride and five mile run.

"These triathlons are becoming popular events around the country, and we are desirous of providing a safe, well officiated one for athletes of all levels of ability here in this area," said Woodall.

Anyone interested in participating, 16 years or older, may contact Dr. Thomas Woodall, EIU-Lantz Building, Charleston, IL 61920 (217-581-3510) to obtain an entry form. A \$25 fee and self addressed stamped envelope must accompany all entries which have to be postmarked no later than Saturday, June 15. Check and/or money order payable to: Eastern Illinois Striders.

The course will start and finish at Lake Charleston south of the city. The ½ mile swim will be at Lake Charleston, the five mile run also in that vicinity with the 23 mile bike ride through the country via a paved route to nearby Westfield and back.

"There will be one water stop for bikers and water each mile during the run. Participants must have swum at least seven miles, biked at least 200 miles and run at least 100 miles in the 30 day period preceding this event," Woodall emphasized. "A physical exam is not required however if interested participants have any doubt about their physical condition, it is strongly suggested they seek advice of a competent physician."

First and second place winners in each of the following age brackets, both men and women, will receive special hand-tooled leather goods awards, according to Woodall. Those age categories are 16-22, 23-29, 30-39, and 40 and older. All finishers under 3½ hours will receive a swim cap and specially cast bronze medallion.

Proceeds from this triathlon will be used "to further the Adult Fitness and Cardiac Rehabilitation Program at Eastern Illinois University," Woodall said. Further information on race details is available on the entry form.